

Emergency Contraception can prevent pregnancy after sex.

You might need it if:

- You didn't use any birth control method.
- Your condom broke or slipped off.
- You forgot to take your birth control pills two days in a row.
- Your diaphragm slipped out of place.
- You were forced to have sex with no protection.



These things could happen to anyone. If this happens to you,

- **Call your health care provider or family planning clinic right away.**
- **Ask about Emergency Contraception pills (EC pills).**

What you should know about EC pills.

Using EC pills at the right time will lower the chances you will get pregnant.

There are two kinds of EC pills:

- Pills packaged especially for EC.
- A special dose of birth control pills.

Talk to your health care provider about which type of EC is right for you.



***DON'T WAIT.
Get the help you need
right away.***

EC pills are safe and easy to use.

For EC pills to work, the sooner you start the pills the better.

- You take the pills in two doses.
- You need to take the first dose within 72 hours (3 days) after you had unprotected sex.
- Take the second dose 12 hours after that.

Don't wait until you skip your period. Call your health care provider right away.

You should know:

- **EC is not the abortion pill.** If you are already pregnant, EC will not work.
- Taking EC pills will not hurt your baby if you are already pregnant.
- EC pills do not keep working. They won't work for unprotected sex that happens after you take EC.
- EC pills cannot be used as your regular method of birth control.
- You can get EC pills to keep on hand, just in case.

Here's how to get EC pills!

If you qualify, your Family PACT provider can give you EC pills at no cost. Call **1-800-942-1054**.

You can get EC pills from your health care provider or family planning clinic. **Ask if you can get EC at no cost.**

If you're not sure where to go, call:

1 (888) NOT-2-LATE

This hotline number is:

- Free
- Open 24 hours a day
- Confidential

It will tell you where you can call for help at a location near you.

Remember:

You can get EC pills ahead of time. That way you can keep them on hand if your regular birth control doesn't work.

Don't take chances!

Make sure you have a regular birth control method. Find out about which method would work best for you.

Keep EC pills on hand.

Don't wait. Call your health care provider right away if you need EC pills.

Take the first dose in the first 72 hours (3 days) after you had unprotected sex.

Questions?

**Call Family PACT at
1-800-942-1054 or
1-888-NOT-2-LATE
today!**

Family PACT

Planning • Access • Care • Treatment

California Department of Health Services
OFFICE OF FAMILY PLANNING



Materials Distributed By Electronic Data Systems
Fax: (888) 723-3667 Phone: (800) 848-7907

OF3023 English

2001



**Had unprotected sex?
IT'S NOT TOO LATE!**

**You can still
prevent pregnancy**



**Get *Emergency*
Contraception**